

Skills Worksheet

Refusal Skills BLIZZARD BAG # 1

Lesson: Expressing Emotions

Describe how you would use refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.

Everything seems to be going just right for Rachael. She is the star of the field hockey team. College scouts have come to watch her play. Today she was the only person to get an A on the history test. On the other hand, everything seems to be going wrong for Tracy. She didn't make the hockey team and she failed the test. Then, as you head to the lockerroom to suit up for the hockey game, Tracy discovers Rachael outside the gym talking with Tracy's boyfriend. Tracy ducks into the locker room with you. Clearly she is upset. "Which locker is Rachael's?" she asks you. "I'm going to *borrow* her hockey stick." When you don't answer, Tracy squeezes your arm. "I'm not leaving this locker room until you tell me!"

1. **Say no.** How would you say no to Tracy?

2. **Offer an alternative.** What else could you do?

3. **Stand your ground.** What would you do if Tracy kept pressuring you?

4. **Walk away.** Describe how you would get out of the situation.

5. **Plan ahead.** What could you do to avoid this situation? Who can help you practice refusing this action?

6. **Have a support system.** Who will stand by you when you make this decision? How can you use these people as support when refusing this action?

Refusal Skills

BLIZZARD BAG # 2

Lesson: Coping with Emotions

Describe how you would use the following refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.

You and Carl are playing catch in his driveway. Carl misses a ball, and it hits the side of his mother's car. It leaves a noticeable dent. Carl insists that you say nothing about it, and the two of you continue playing. A few minutes later, Carl's mother steps outside and notices the dent. She has warned Carl not to play ball in the driveway. Carl acts dumb, as if he just noticed the dent. He whispers to you to play dumb, too.

1. **Say no.** How would you say no to Carl?

2. **Offer an alternative.** What else could you and Carl do to mend the situation?

3. **Stand your ground.** What would you do if Carl kept pressuring you to keep silent?

4. **Walk away.** Describe how you would get out of the situation.

5. **Plan ahead.** What could you do to avoid this situation? Who can help you practice refusing this action?

6. **Have a support system.** Who will stand by you when you make this decision? How can you use these people as support when refusing to do this action?

Skills Worksheet

Decision-Making Skills

BLIZZARD BAG # 3

Lesson: Expressing Emotions

Read the following situation. Then, follow the steps below to decide what you would do in this situation.

Mark and Jen have been hanging out together for a long time. One day when you meet Mark to walk home from school, Jen is not with him. She told Mark she had to stay after school to do extra work in health class. Two blocks from the school, however, you and Mark spy Jen. She is with another boy from her homeroom class. They are holding hands and laughing. Mark is furious. "She lied to me!" he said. "Nobody, and I mean *nobody*, lies to me and gets away with it!" He storms across the street to confront Jen, leaving you behind.

1. **Identify the problem.** What decision do you have to make?

2. **Consider your values.** What is important to you?

3. **List the options.** What possible actions could you take?

4. **Weigh the consequences.** List the pros and cons of each option.

5. **Decide and act.** Describe what you will do. Explain your decision.

6. **Evaluate your choice.** How do you feel about the action you took? Did you make a good decision? Would you take a different action if faced with the same scenario again?
